

Registration Deadline: Sept. 9

No on-site registration

Distribution Dates: August 15



## Coastal Running League & **HARPSWELL HARRIERS**

### Fall 2009 Registration Form

**Cross-country running is  
an exciting sport**

With lifelong fun and fitness benefits. This program offers training and conditioning for participants. Runners compete as a team but have a sense of individual performance and accomplishment.

**Weekly Competitions**

Wednesdays, with similar groups from area communities. Ages: 7 & under – 1/2 mile; 8 & 9 – 3/4 mile; 10, 11 & 12 – 1 mile. Some bus transportation will be provided.

**Practices**

Mondays and Wednesdays: 3:45 - 4:35 pm at Harpswell Islands School.  
**First meeting and practice: Monday, Sept. 14 at 3:45 p.m.** Parents are encouraged to walk or run, and to help with the practices.

**Coaches**

Chris Kinkade, Sport Coord./Coach 319-7280 or ChrisKinkade@yahoo.com  
Ass't. Coaches, TBA  
Gina Perow, ToH Rec. Dir. 833-5771 or harpswellrec2@suscom-maine.net

**Parent Participation**

**Parent participation is needed and appreciated.** If interested, please contact Chris.

**Registration**

Fee is \$10.00 per runner (one form for each runner). Late fee/non-resident fee: additional \$5.00. **No on-site registration.**

**Mail to:**

Town of Harpswell, Recreation Dept., P.O. Box 39, Harpswell, ME 04079

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### Fall 2009 Harpswell Harriers & Coastal Running League

For office use only:

\_\_\_\_\_ #R4160

Name \_\_\_\_\_ Age as of 10/1/09 \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Address: \_\_\_\_\_ Zip code \_\_\_\_\_

Parent name & daytime location: \_\_\_\_\_

Day Phone# \_\_\_\_\_ Eve. Phone # \_\_\_\_\_ E-mail:\* \_\_\_\_\_

Emergency Contact #1 \_\_\_\_\_ Emergency Contact #2 \_\_\_\_\_

Medical/Physical/Emotional Concerns \_\_\_\_\_

Prior Experience \_\_\_\_\_

**\*E-mail is important to communicate necessary information**

*\* Photos & videos taken may be used for publicity. \**

**Release from Liability:** In consideration of the permission granted to myself/my child by the Harpswell Harriers to participate in the practices, competitions and other activities during Fall 2009, I hereby release and discharge the Harpswell Harriers, Coastal Running League, its agents and officers, MSAD 75 and Town of Harpswell from all actions, causes of actions, damages, claims or demands which I, my heirs, executors and administrators and assigns may have against the aforementioned parties for all personal injuries, known or unknown, which my child has or may incur by participation in the above mentioned or inferred activities. I realize that I must provide my own health/accident insurance for injuries that I or my child may sustain while participating in the above mentioned activities. I know that running a road or cross country race is a potentially hazardous activity and that I assume all risks for myself and/or my child including but not limited to falls, contact with other participants or vehicles, the effects of weather including high heat and/or humidity or cold, and the conditions of the road or course. I give the supervisor permission (in my absence) to obtain whatever medical treatment may appear or be necessary in the event of illness or injury.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ Self ( ) Parent ( ) Guardian ( )

**Return Completed Form to the Town Office** (There is an after-hour drop to the right of the glass entrance)

Flyer by **DESIGN**